

LIFELONG RECREATION

Arts, Fitness, and Social Opportunities for People Ages 50+



Seattle
Parks & Recreation

SPRING 2022



Register online at Noon:
seattle.gov/parks

Session 1: March 8
Session 2: April 5



Come Play with Us!

Welcome to Lifelong Recreation!

SPRING Quarter 2022

Session 1: April 4-May 14

Session 2: May 16-June 25

No Programs and Facilities closed on:

- May 30 Memorial Day
- June 23 Facility Closures

REGISTRATION begins at noon

Session 1: March 8

Session 2: April 5

Detailed registration information can be found on pages 34 and 35.

No
Membership
Fees!



Seattle Parks Lifelong Recreation Staff



For 47 years, the Seattle Parks Lifelong Recreation program has been serving the community with vibrant programs in physical activity, social engagement, travel, education, and arts for adults age 50+. We provide exceptional, accessible, and affordable programs that promote quality of life and engage our diverse community. We look forward to serving you!

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E-Newsletter...

Receive the Lifelong Recreation Newsletter!

Go to [www.seattle.gov/parks/find/lifelong-recreation-\(50\)](http://www.seattle.gov/parks/find/lifelong-recreation-(50)) and add your email address.



Most photos courtesy of: Meryl Schenker Photography, Ryan Hawk Photography.

Lifelong Recreation Inclement Weather Policy

The safety of our participants is our priority. When inclement weather occurs (snow, ice, storms), we follow the Seattle Public Schools closure decisions in determining whether it is safe to hold our classes and trips. Please listen to the news in the morning. **If Seattle Public Schools are closed or delayed, Lifelong Recreation programs are cancelled for the entire day.**

VACCINE MANDATE

As you prepare to return to Lifelong Recreation programs, keep in mind the current requirements:

- Only registered participants will be allowed to enter community centers.
- You must wear a mask and observe 6-foot social distancing.
- Please don't arrive more than 5 minutes before your class begins and leave promptly at the end of class.

All participants ages 12 and older will need to show proof of vaccination, or proof of a negative COVID-19 test, upon each and every entry to an SPR facility, community center, or pool.

The following are acceptable forms of proof of vaccination:

- CDC vaccination card or photo of vaccine card.
- Documented proof of vaccination from medical record or vaccine provider.
- Printed certificate or QR code from MyLRMobile.com.

For questions about this policy, please visit this website <https://kingcounty.gov/depts/health/covid-19/current-guidance/verify.aspx>, or contact Public Health—Seattle King County at their COVID-19 Call Center, 206-477-3977.

COMMUNITY CENTER LOCATIONS



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Northwest

Carol Baxter-Clubine, Recreation Specialist
206-233-7138 / cell 206-399-8561 / carol.baxter@seattle.gov

1) BALLARD CC
6020 28th Ave. NW, 98107
tel: 206-684-4093
2) BITTER LAKE CC
13035 Linden Ave. N, 98133
tel: 206-684-7524

3) GREEN LAKE CC
7201 E Green Lake Dr. N, 98115
tel: 206-684-0780
4) LOYAL HEIGHTS CC
2101 NW 77th St., 98117
tel: 206-684-4052

5) MAGNOLIA CC
2550 34th Ave. W, 98199
tel: 206-386-4235

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Northeast

Robin Brannman, Recreation Specialist
206-386-9106 / cell 206-300-2043 / robin.brannman@seattle.gov

6) LAKE CITY CC
12531 28th Ave. NE, 98125
tel: 206-256-5645
7) LAURELHURST CC
4554 NE 41st St., 98105
tel: 206-684-7529

**8) MAGNUSON PARK
Community Center**
7110 62nd Ave. NE, 98115
tel: 206-684-7026
Magnuson Brig, Building 406
6344 NE 74th St., 98115
Building 30, Workshop
6310 NE 74th St., 98115

9) MEADOWBROOK CC
10517 35th Ave. NE, 98125
tel: 206-684-7522
10) NORTHGATE CC
10510 5th Ave. NE, 98125
tel: 206-386-4283
11) RAVENNA-ECKSTEIN CC
6535 Ravenna Ave. NE, 98115
tel: 206-684-7534

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Central

Angela P Smith, Recreation Specialist
206-684-4240 / cell 206-450-9522 / angelap.smith@seattle.gov

12) GARFIELD CC
2323 E Cherry St., 98122
tel: 206-684-4788
13) MILLER CC
330 19th Ave. E, 98112
tel: 206-684-4753

14) MONTLAKE CC
1618 E Calhoun St., 98112
tel: 206-684-4736
15) QUEEN ANNE CC
1901 1st Ave. W, 98119
tel: 206-386-4240

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Southwest

John Hasslinger, Recreation Specialist
206-256-5403 / cell 206-423-3988 / john.hasslinger@seattle.gov

16) DELRIDGE CC
4501 Delridge Way S, 98106
tel: 206-684-7423
17) HIAWATHA CC
2700 California Ave. SW, 98116
tel: 206-684-7441

18) HIGH POINT CC
6920 34th Ave. SW, 98126
tel: 206-684-7422
19) SOUTH PARK CC
8319 8th Ave. S, 98108
tel: 206-684-7451

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Southeast

Anthony (BC) Ettel, Recreation Specialist
206-684-7484 / cell 206-310-8163 / anthony.ettel@seattle.gov

**20) INTERNATIONAL DISTRICT /
CHINATOWN CC**
719 8th Ave. S, 98104
tel: 206-233-0042
21) JEFFERSON CC
3801 Beacon Ave. S, 98108
tel: 206-684-7481

22) RAINIER CC
4600 38th Ave. S, 98118
tel: 206-386-1919
23) RAINIER BEACH CC
8825 Rainier Ave. S, 98118
tel: 206-386-1925

24) VAN ASSELT CC
2820 S Myrtle St., 98108
tel: 206-386-1921
25) YESLER CC
917 E Yesler Way, 98122
tel: 206-386-1245

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Signature Programs

Dementia-Friendly Recreation
Tamara Keefe:
206-615-0100
cell 206-399-4655
tamara.keefe@seattle.gov

Rainbow Recreation
Tamara Keefe:
206-615-0100
cell 206-399-4655
tamara.keefe@seattle.gov

Outdoor Recreation
TBD:
206-849-6564
cheryl.brown@seattle.gov

BOLLYWOOD FITNESS					
High Point					
46570	4/22-5/13	Fri	10-11 a.m.	Allison C	\$28
46571	5/20-6/17	Fri	10-11 a.m.	Allison C	\$35
CHAIR STRENGTH AND TONE					
Bitter Lake					
46262	4/4-5/9	Mon	1:45-2:45 p.m.	D Dragovich	\$42
46327	5/16-6/13	Mon	1:45-2:45 p.m.	D Dragovich	\$28
Magnuson Brig					
46471	4/6-5/11	Wed	12:45-1:45 p.m.	D Dragovich	\$42
46474	5/18-6/15	Wed	12:45-1:45 p.m.	D Dragovich	\$35
CIRCUIT TRAINING					
Video Link - Bitter Lake: https://youtu.be/JpJLEntLKAM					
Video Link - Queen Anne: https://youtu.be/Faj4Hn5-fR0					
Bitter Lake					
46265	4/8-5/13	Fri	9:30-10:30 a.m.	R Buyce	\$42
46331	5/20-6/24	Fri	9:30-10:30 a.m.	R Buyce	\$42
Loyal Heights					
46263	4/5-5/10	Tue	9:30-10:30 a.m.	R Buyce	\$42
46329	5/17-6/21	Tue	9:30-10:30 a.m.	R Buyce	\$42
46264	4/7-5/12	Thu	9:30-10:30 a.m.	R Buyce	\$42
46328	5/19-6/16	Thu	9:30-10:30 a.m.	R Buyce	\$35
Meadowbrook					
46285	4/8-5/13	Fri	11:30 a.m.-12:30 p.m.	R Buyce	\$42
46480	5/20-6/24	Fri	11:30 a.m.-12:30 p.m.	R Buyce	\$42
DANCE FOR PARKINSON'S					
Garfield					
46470	4/7-6/2	Thu	11 a.m.-12:30 p.m.		Free
DANCE -					
TRADITIONAL AND CONTEMPORARY ASIAN					
Van Asselt					
All Levels					
46750	4/9-5/7	Sat	2-3:45 p.m.	S Ma	Free
46751	5/14-6/18	Sat	2-3:45 p.m.	S Ma	Free
ENHANCE FITNESS					
Magnolia					
KP and ASH Members					
46268	4/5-5/10	Tue	Noon-1 p.m.	K Adolphsen	Free
46334	5/17-6/21	Tue	Noon-1 p.m.	K Adolphsen	Free
46266	4/7-5/12	Thu	Noon-1 p.m.	K Adolphsen	Free
46332	5/19-6/16	Thu	Noon-1 p.m.	K Adolphsen	Free
Self-Pay					
46269	4/5-5/10	Tue	Noon-1 p.m.	K Adolphsen	\$42
46335	5/17-6/21	Tue	Noon-1 p.m.	K Adolphsen	\$42
46267	4/7-5/12	Thu	Noon-1 p.m.	K Adolphsen	\$42
46333	5/19-6/16	Thu	Noon-1 p.m.	K Adolphsen	\$35

Magnuson					
KP and ASH Members					
46289	4/5-5/10	Tue	11:15 a.m.-12:15 p.m.	C House	Free
46487	5/17-6/14	Tue	11:15 a.m.-12:15 p.m.	C House	Free
46291	4/7-5/12	Thu	9:30-10:30 a.m.	J Shearer	Free
46488	5/19-6/16	Thu	9:30-10:30 a.m.	J Shearer	Free
Self-Pay					
46290	4/5-5/10	Tue	11:15 a.m.-12:15 p.m.	C House	\$42
46483	5/17-6/14	Tue	11:15 a.m.-12:15 p.m.	C House	\$35
46292	4/7-5/12	Thu	9:30-10:30 a.m.	J Shearer	\$42
46484	5/19-6/16	Thu	9:30-10:30 a.m.	J Shearer	\$35
Meadowbrook					
KP and ASH Members					
46293	4/6-5/11	Wed	9:40-10-40 a.m.	C House	Free
46489	5/18-6/22	Wed	9:40-10-40 a.m.	C House	Free
46287	4/8-5/13	Fri	9:40-10-40 a.m.	C House	Free
46486	5/20-6/24	Fri	9:40-10-40 a.m.	C House	Free
Self-Pay					
46294	4/6-5/11	Wed	9:40-10-40 a.m.	C House	\$42
46485	5/18-6/22	Wed	9:40-10-40 a.m.	C House	\$42
46288	4/8-5/13	Fri	9:40-10-40 a.m.	C House	\$42
46482	5/20-6/24	Fri	9:40-10-40 a.m.	C House	\$42
Rainier					
KP and ASH Members					
46240	4/4-5/9	Mon	10:30-11:30 a.m.	V Bowles	Free
46254	5/16-6/13	Mon	10:30-11:30 a.m.	V Bowles	Free
46242	4/6-5/11	Wed	10:30-11:30 a.m.	Y Gartz	Free
46258	5/18-6/22	Wed	10:30-11:30 a.m.	Y Gartz	Free
46238	4/8-5/13	Fri	10:30-11:30 a.m.	Y Gartz	Free
46250	5/20-6/24	Fri	10:30-11:30 a.m.	Y Gartz	Free
Self-Pay					
46241	4/4-5/9	Mon	10:30-11:30 a.m.	V Bowles	\$42
46255	5/16-6/13	Mon	10:30-11:30 a.m.	V Bowles	\$28
46243	4/6-5/11	Wed	10:30-11:30 a.m.	Y Gartz	\$42
46259	5/18-6/22	Wed	10:30-11:30 a.m.	Y Gartz	\$42
46239	4/8-5/13	Fri	10:30-11:30 a.m.	Y Gartz	\$42
46251	5/20-6/24	Fri	10:30-11:30 a.m.	Y Gartz	\$42
Virtual					
KP Members					
46246	4/4-5/9	Mon	11:45 a.m.-12:45 p.m.	V Bowles	Free
46256	5/16-6/13	Mon	11:45 a.m.-12:45 p.m.	V Bowles	Free
46248	4/6-5/11	Wed	11:45 a.m.-12:45 p.m.	Y Gartz	Free
46326	5/18-6/22	Wed	11:45 a.m.-12:45 p.m.	Y Gartz	Free
46244	4/8-5/13	Fri	11:45 a.m.-12:45 p.m.	Y Gartz	Free
46260	5/20-6/24	Fri	11:45 a.m.-12:45 p.m.	Y Gartz	Free
Self-Pay					
46247	4/4-5/9	Mon	11:45 a.m.-12:45 p.m.	V Bowles	\$42
46257	5/16-6/13	Mon	11:45 a.m.-12:45 p.m.	V Bowles	\$28
46249	4/6-5/11	Wed	11:45 a.m.-12:45 p.m.	Y Gartz	\$42
46261	5/18-6/22	Wed	11:45 a.m.-12:45 p.m.	Y Gartz	\$42
46245	4/8-5/13	Fri	11:45 a.m.-12:45 p.m.	Y Gartz	\$42
46253	5/20-6/24	Fri	11:45 a.m.-12:45 p.m.	Y Gartz	\$42

FABULOUSLY FIT					
Magnolia					
46270	4/6-5/11	Wed	9:30-10:45 a.m.	K Adolphsen	\$63
46336	5/18-6/22	Wed	9:30-10:45 a.m.	K Adolphsen	\$63
FITNESS AT DELRIDGE					
Delridge					
46431	4/6-5/11	Wed	10:15-11:15 a.m.	S Simmons	\$35
46970	5/18-6/15	Wed	10:15-11:15 a.m.	S Simmons	\$35
JUGGLING FOR PARKINSON'S AND OTHERS					
Loyal Heights					
46273	4/4-5/9	Mon	1:15-2:15 p.m.		\$42
46339	5/16-6/13	Mon	1:15-2:15 p.m.		\$28



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JUICY JOINTS AEROBICS					
Video Link: https://youtu.be/Jl3t5-3FhH4					
Bitter Lake					
46274	4/4-5/9	Mon	9:15-10:15 a.m.	J Rayer	\$42
46340	5/16-6/13	Mon	9:15-10:15 a.m.	J Rayer	\$28
LINE DANCE					
Video Link: https://youtu.be/n4CVebDKpDg					
High Point					
46553	4/5-5/10	Tue	10:30-11:30 a.m.	Yu-San	\$35
46555	5/17-6/14	Tue	10:30-11:30 a.m.	Yu-San	\$35
46435	4/7-5/12	Thu	11:15 a.m.-12:15 p.m.	S Simmons	\$35
46448	5/19-6/16	Thu	11:15 a.m.-12:15 p.m.	S Simmons	\$35
Magnuson Brig					
46298	4/5-5/10	Tue	12:30-1:30 p.m.	C House	\$42
46490	5/17-6/14	Tue	12:30-1:30 p.m.	C House	\$35
Meadowbrook					
46299	4/7-5/12	Thu	1:30-2:30 p.m.	C Jennings	\$42
46491	5/19-6/16	Thu	1:30-2:30 p.m.	C Jennings	\$35
Yesler					
Beginner					
46745	4/5-5/10	Tue	9:45-10:45 a.m.	M Chen	\$42
46749	5/17-6/21	Tue	9:45-10:45 a.m.	M Chen	\$42
Advanced Beginner					
46744	4/5-5/10	Tue	11 a.m.-Noon	M Chen	\$42
46748	5/17-6/21	Tue	11 a.m.-Noon	M Chen	\$42
SOUL LINE DANCE					
Magnuson Brig					
All Levels					
47310	4/4-5/9	Mon	12:30-1:30 p.m.	M Silver	\$42
47312	5/16-6/13	Mon	12:30-1:30 p.m.	M Silver	\$28
Beginner					
46307	4/8-5/13	Fri	9:15-10:15 a.m.	M Silver	\$42
46495	5/20-6/17	Fri	9:15-10:15 a.m.	M Silver	\$35
Beginner Intermediate					
46305	4/8-5/13	Fri	10:30-11:30 a.m.	M Silver	\$42
46494	5/20-6/17	Fri	10:30-11:30 a.m.	M Silver	\$35
PILATES					
Video Link: https://youtu.be/C6iGDqezc3M					
Loyal Heights					
46276	4/4-5/9	Mon	Noon-1 p.m.	D Dragovich	\$42
46342	5/16-6/13	Mon	Noon-1 p.m.	D Dragovich	\$28
Magnuson Brig					
46303	4/6-5/11	Wed	11:30 a.m.-12:30 p.m.	D Dragovich	\$42
46475	5/18-6/15	Wed	11:30 a.m.-12:30 p.m.	D Dragovich	\$35
Northgate					
46302	4/7-5/12	Thu	5-6 p.m.	D Dragovich	\$42
46493	5/19-6/16	Thu	5-6 p.m.	D Dragovich	\$35
Virtual					
46301	4/5-5/10	Tue	11:30 a.m.-12:30 p.m.	D Dragovich	\$42
46492	5/17-6/14	Tue	11:30 a.m.-12:30 p.m.	D Dragovich	\$35
STRENGTH AND CONDITIONING					
Magnuson Brig					
46308	4/7-5/12	Thu	8:15-9:15 a.m.	J Shearer	\$42
46496	5/19-6/16	Thu	8:15-9:15 a.m.	J Shearer	\$35

TAI CHI						
Video Link: https://youtu.be/J82jluSOs5s						
Green Lake						
46277	4/6-5/11	Wed	10:30-11:30 a.m.	E Baxa		\$42
46343	5/18-6/15	Wed	10:30-11:30 a.m.	E Baxa		\$35
High Point						
46440	4/4-5/9	Mon	11 a.m.-Noon	P Elend		\$35
46453	5/16-6/13	Mon	11 a.m.-Noon	P Elend		\$35
Magnuson Brig						
46310	4/5-5/10	Tue	10-11 a.m.	E Baxa		\$42
46476	5/17-6/14	Tue	10-11 a.m.	E Baxa		\$35
Meadowbrook						
46309	4/8-5/13	Fri	8:30-9:30 a.m.	E Baxa		\$42
46497	5/20-6/24	Fri	8:30-9:30 a.m.	E Baxa		\$42
TAI CHI AND QIGONG						
Garfield						
46468	4/4-5/9	Mon	10:15-11:15 a.m.	E Baxa		\$42
46469	5/6-6/13	Mon	10:15-11:15 a.m.	E Baxa		\$28
IDCC						
46573	4/5-5/10	Thu	10-10:45 a.m.	K Philomin		\$27
46574	5/17-6/21	Thu	10-10:45 a.m.	K Philomin		\$27
Northgate						
Beginning						
46466	4/7-5/12	Thu	11:15 a.m.-12:15 p.m.	A Peizer		\$42
46500	5/19-6/16	Thu	11:15 a.m.-12:15 p.m.	A Peizer		\$35
Ongoing Levels						
46304	4/7-5/12	Thu	12:30-1:30 p.m.	A Peizer		\$42
46501	5/19-6/16	Thu	12:30-1:30 p.m.	A Peizer		\$35
T'AI CHI CHIH®						
Miller						
46462	5/17-6/21	Tue	1:30-2:30 p.m.			\$42
WORLD BEAT DANCE AEROBICS						
Meadowbrook						
46119	4/4-5/9	Mon	1-2 p.m.	Mish Mish		\$42
46502	5/16-6/13	Mon	1-2 p.m.	Mish Mish		\$28
YOGA						
Gentle Yoga						
Video Link: https://youtu.be/-rbaj950AtE						
Bitter Lake						
46271	4/6-5/11	Wed	10:30-11:30 a.m.	H Karrfalt		\$42
46337	5/18-6/22	Wed	10:30-11:30 a.m.	H Karrfalt		\$42
High Point						
46432	4/4-5/9	Mon	10-11 a.m.	J Reed		\$35
46445	5/16-6/13	Mon	10-11 a.m.	J Reed		\$28
46433	4/6-5/11	Wed	11:30 a.m.-12:30 p.m.	J Reed		\$35
46446	5/18-6/15	Wed	11:30 a.m.-12:30 p.m.	J Reed		\$35
Loyal Heights						
46272	4/4-5/9	Mon	10:45-11:45 a.m.	R MacDonald		\$42
46338	5/16-6/13	Mon	10:45-11:45 a.m.	R MacDonald		\$28
Magnuson						
47136	4/6-5/11	Wed	10-11 a.m.	TBD		\$42
47137	5/18-6/15	Wed	10-11 a.m.	TBD		\$35

Miller						
46457	4/4-5/9	Mon	11:45 a.m.-12:45 p.m.	L Gardener		\$42
46458	5/16-6/13	Mon	11:45 a.m.-12:45 p.m.	L Gardener		\$28
46460	4/6-5/11	Wed	11:45 a.m.-12:45 p.m.	L Gardener		\$42
46459	5/18-6/22	Wed	11:45 a.m.-12:45 p.m.	L Gardener		\$42
Vini Yoga						
Ballard						
46279	4/6-5/11	Wed	10:45-11:45 a.m.	A Mason		\$42
46345	5/18-6/22	Wed	10:45-11:45 a.m.	A Mason		\$42
Magnolia						
46278	4/8-5/13	Fri	9:30-10:30 a.m.	TBD		\$42
46344	5/20-6/24	Fri	9:30-10:30 a.m.	TBD		\$42
Meadowbrook						
46295	4/4-5/9	Mon	9-10 a.m.	H Mair		\$42
46472	5/16-6/13	Mon	9-10 a.m.	H Mair		\$28
Northgate						
46296	4/7-5/12	Thu	9:30-10:30 a.m.	H Mair		\$42
46477	5/19-6/16	Thu	9:30-10:30 a.m.	H Mair		\$35
Virtual						
46297	4/5-5/10	Tue	9:30-10:30 a.m.	H Mair		\$42
46473	5/17-6/14	Tue	9:30-10:30 a.m.	H Mair		\$35
Yoga for Gardeners						
Meadowbrook						
46311	5/16-6/13	Mon	10:30-11:30 a.m.	H Mair		\$35
ZUMBA® GOLD						
Video Link: https://youtu.be/mzy3RR_SfuQ						
Delridge						
46442	4/5-5/10	Tue	10:15-11:15 a.m.	M Jorgensen		\$35
46974	5/17-6/14	Tue	10:15-11:15 a.m.	M Jorgensen		\$35
46443	4/7-5/12	Thu	10:15-11:15 a.m.	M Jorgensen		\$35
46973	5/19-6/16	Thu	10:15-11:15 a.m.	M Jorgensen		\$35
Loyal Heights						
46281	4/7-5/12	Thu	9:30-10:30 a.m.	D O'Neill		\$42
46346	5/19-6/16	Thu	9:30-10:30 a.m.	D O'Neill		\$35
Magnolia						
46282	4/8-5/13	Fri	10:30-11:30 a.m.	M Jorgensen		\$42
46347	5/20-6/24	Fri	10:30-11:30 a.m.	M Jorgensen		\$42
Meadowbrook						
45737	4/8-5/13	Fri	1-2 p.m.	M Park		\$42
46498	5/20-6/24	Fri	1-2 p.m.	M Park		\$42



ADULT SPORTS

For information about any Adult Sports visit our website at:

<http://www.seattle.gov/parks/find/adult-sports-teams-and-programs>,

or contact Jayson Powell at:

206-684-7092, cell 206-295-2465,

email: jayson.powell@seattle.gov.



Pickleball at a Glance

Please call the community center for days, times, and to register.

Pickleball Free

NORTHWEST

Bitter Lake	206-684-7524
Loyal Heights	206-684-4052
Magnolia	206-386-4235

NORTHEAST

Magnuson	206-684-7026
Meadowbrook	206-684-7522
Northgate	206-386-4283
Ravenna-Eckstein	206-684-7534

CENTRAL

Garfield	206-684-4788
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SOUTHWEST

High Point	206-684-7422
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SOUTHEAST

Rainier	206-386-1919
Van Asselt	206-386-1921
Yesler	206-386-1245

Come work out at our Fitness Centers

Exercise machines, free weights, and cardio equipment. Please call the corresponding community center for up to date fitness room information.

OUR FITNESS CENTERS ARE NOW FREE!

Delridge	206-684-7423
Garfield	206-684-4788
Hiawatha	206-684-7441
International District Chinatown	206-233-7061
Loyal Heights	206-684-4052
Meadowbrook	206-684-7522
Northgate	206-386-4283
Queen Anne	206-386-4240
Rainier Beach	206-386-1925
Rainier CC	206-386-1919
Van Asselt	206-386-1921
Yesler	206-386-1245

Wondering how to take VIRTUAL CLASSES?

Take a free Webex practice session!



Practice navigating Webex, our virtual programming platform for virtual classes on your computer. Gain confidence and troubleshoot any problems BEFORE your first day of class, so you are ready to go. No pressure, we are learning together!

Virtual

46441	4/4	Mon	3-4 p.m.	Free
46454	5/16	Mon	3-4 p.m.	Free



Green Lake Small Craft Center & Mt. Baker Rowing and Sailing offer beginner boating classes!



Try Rowing, Paddling, and Sailing in 2022!

For more information, call:

Green Lake Small Craft Center: (206) 684-4074 or Mount Baker Rowing and Sailing: (206) 386-1913

Let us help you get your feet wet!

POOLS - YEAR-ROUND INDOOR

Ballard Pool	206-684-4094
1471 NW 67th St.	
Evans Pool	206-684-4961
7201 E Green Lake Drive N	
Helene Madison Pool	206-684-4979
13401 Meridian Ave. N	
Meadowbrook Pool	206-684-4989
10515 35th Ave. NE	
Medgar Evers Pool	206-684-4766
500 23rd Ave.	
Queen Anne Pool	206-386-4282
1920 1st Ave. W	
Rainier Beach Pool	206-386-1925
8825 Rainier Ave. S	
Southwest Pool	206-684-7440
2801 SW Thistle St.	

Wellness Aquatic Activities

Visit <http://www.seattle.gov/parks/pools.asp> for a complete list of what Seattle Pools has to offer.

Our programs include:

Lap Swim
Adult Swim
Senior Swim
Women Only Swim
Shallow Water Fitness
Deep Water Fitness
Hydro-Fit
Stretch N Flex* AquaZumba
Adult Swim Lessons



* Low-impact and perfect for seniors looking for ways to improve joint range of motion and flexibility.



Carol Baxter-Clubine
Northwest
Recreation Specialist

206-233-7138 / cell 206-399-8561
carol.baxter@seattle.gov

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 34. For accommodation requests, please call 206-684-7548.

Due to COVID mandates all participants must show proof of vaccination and wear a mask at all times when entering a building for class. For more details see page 3.

SCHOLARSHIPS

The scholarship cycle runs June 2021–June 2022. Have your application approved prior to registration. See page 34 for details.

BACK IN MOTION

Our **Back in Motion** programs provide fitness classes and educational programs for people with chronic pain or new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

SHAPE UP

If you are new to any **Shape Up** class, receive \$10 off your first class. Shape Up classes are noted by an orange asterisk next to the registration number, e.g. 160978*.

ARTS AND HANDWORK

Watercolor

If you have never picked up a brush before or are an experienced watercolorist, our classes are right for you. Receive individual attention to enhance your skills. Bring your own paints and brushes. Individual instructors will provide materials list. In this class a demonstration is taught after each lesson with instruction.

Loyal Heights

46280 4/4-5/23 Mon 10:30 a.m.-1 p.m. SKahler \$84



Register online at www.seattle.gov/parks

LIFELONG LEARNING

Fall Prevention/Fire Safety

Learn strategies and resources to prevent falls and fires in your home. Topics include: home modification ideas, exercise programs, medication, vision, home fire hazards, smoke and carbon monoxide alarms, and how to respond safely to a home fire. Brought to you by the UW Public Health Program in collaboration with SFD and WA State Dept. of Health.

Green Lake

46572 4/12 Tue 10:30-11:30 a.m. Free

Stroke Awareness/Hands-Only CPR

Learn about hands-only CPR and how to recognize the signs of stroke. You will come away with the ability to recognize serious medical emergencies, and to communicate and collaborate with 9-1-1 dispatchers. This is a general education course for seniors and is not a certification class. Brought to you by the UW Public Health Program.

Loyal Heights

46402 4/26 Tue 10:30-11:30 a.m. Free

Spring Quarter April 4-June 25

PICKLEBALL SKILLS

Pickleball Skills

Learn the basics of this popular sport, or brush up on your skills. This class is designed for beginning or intermediate players.

Loyal Heights

46275	4/8-5/13	Fri	10:30 a.m.-Noon	M Anderson	\$18
46341	5/20-6/24	Fri	10:30 a.m.-Noon	M Anderson	\$18

Pickleball at a Glance

See page 9 for community center information for days, times, and registration.

FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Fabulously Fit

Learn how to improve endurance, strength, agility, core, balance, flexibility, and range of motion.

Magnolia

46270	4/6-5/11	Wed	9:30-10:45 a.m.	K Adolphsen	\$63
46336	5/18-6/22	Wed	9:30-10:45 a.m.	K Adolphsen	\$63

Juggling for Parkinson's and Others

Exercise is perhaps the best treatment for people with Parkinson's disease. Learning to juggle can help improve coordination, balance, upper body strength, concentration, and cardio conditioning. Exercises will be modified so that everyone can succeed. Juggling will be done with beach balls, racket balls, and traditional juggling bags. This class is also appropriate for anyone wanting to learn how to juggle.

Loyal Heights

46273	4/4-5/9	Mon	1:15-2:15 p.m.		\$42
46339	5/16-6/13	Mon	1:15-2:15 p.m.		\$28

Class qualifies for \$10 off **SHAPE UP COUPON if you are a new student.*

Juicy Joints Aerobics

Learn fluid, stretchy movements that get your heart going, build your balance, and make your joints juicier! The second half includes toning with free weights and exercise for injury prevention.

Bitter Lake

46274*	4/4-5/9	Mon	9:15-10:15 a.m.	J Rayor	\$42
46340*	5/16-6/13	Mon	9:15-10:15 a.m.	J Rayor	\$28

Zumba® Gold

Ditch the workout, join the party! Fun is the key ingredient to this low impact Latin inspired dance fitness class. No rhythm required. Try a class and leave happy!

Loyal Heights

46281*	4/7-5/12	Thu	9:30-10:30 a.m.	D O'Neill	\$42
46346*	5/19-6/16	Thu	9:30-10:30 a.m.	D O'Neill	\$35

Magnolia

46282	4/8-5/13	Fri	10:30-11:30 a.m.	M Jorgensen	\$42
46347	5/20-6/24	Fri	10:30-11:30 a.m.	M Jorgensen	\$42

Strength and Conditioning

Chair Strength and Tone

Strengthen and tone all muscle groups for improved health and fitness in this low-level fitness class. Great for those who are just starting an exercise regimen, or those who need to stay fit but need the security of a chair.

Bitter Lake

46262*	4/4-5/9	Mon	1:45-2:45 p.m.	D Dragovich	\$42
46327*	5/16-6/13	Mon	1:45-2:45 p.m.	D Dragovich	\$28

Circuit Training

Become a stronger you! Circuit training strengthens your major muscle groups as you rotate among training stations.

Bitter Lake

46265*	4/8-5/13	Fri	9:30-10:30 a.m.	R Buyce	\$42
46331*	5/20-6/24	Fri	9:30-10:30 a.m.	R Buyce	\$42

Loyal Heights

46263*	4/5-5/10	Tue	9:30-10:30 a.m.	R Buyce	\$42
46329*	5/17-6/21	Tue	9:30-10:30 a.m.	R Buyce	\$42
46264*	4/7-5/12	Thu	9:30-10:30 a.m.	R Buyce	\$42
46328*	5/19-6/16	Thu	9:30-10:30 a.m.	R Buyce	\$35

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. This evidence-based program is offered in partnership with Sound Generations. An EnhanceFitness participant information and health history form are collected annually, prior to registration. Forms location: <https://www.seattle.gov/parks/find/for-adults-50>. Kaiser Permanente members with Part B Medicare coverage must provide a copy of their membership card with their forms. Silver and Fit participants, write your member number at the top of your forms. Mail to: Lifelong Recreation, 4554 NE 41st St., Seattle, WA 98105.

Note: Screening forms take up to two weeks to process. Free to Kaiser Permanente Part B Medicare coverage participants. American Specialty Health (ASH) Silver and Fit will cover in-person classes and is limited to 10 visits a month. To learn more about EnhanceFitness visit <https://projectenhance.org/enhancefitness/> and <https://projectenhance.org/about-us/>.

Magnolia

KP and ASH Members

46268	4/5-5/10	Tue	Noon-1 p.m.	K Adolphsen	Free
46334	5/17-6/21	Tue	Noon-1 p.m.	K Adolphsen	Free
46266	4/7-5/12	Thu	Noon-1 p.m.	K Adolphsen	Free
46332	5/19-6/16	Thu	Noon-1 p.m.	K Adolphsen	Free

Self-Pay

46269	4/5-5/10	Tue	Noon-1 p.m.	K Adolphsen	\$42
46335	5/17-6/21	Tue	Noon-1 p.m.	K Adolphsen	\$42
46267	4/7-5/12	Thu	Noon-1 p.m.	K Adolphsen	\$42
46333	5/19-6/16	Thu	Noon-1 p.m.	K Adolphsen	\$35



Register online at www.seattle.gov/parks

Tai Chi and Qigong

Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy.

Green Lake

46277	4/6-5/11	Wed	10:30-11:30 a.m.	E Baxa	\$42
46343	5/18-6/15	Wed	10:30-11:30 a.m.	E Baxa	\$35

Yoga and Pilates

We have a limited supply of yoga and pilates gear for new participants. We recommend that you bring your own equipment.

Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, and peace of mind. Non-flow style.

Gentle Yoga

Bitter Lake

46271*	4/6-5/11	Wed	10:30-11:30 a.m.	H Karrfalt	\$42
46337*	5/18-6/22	Wed	10:30-11:30 a.m.	H Karrfalt	\$42

Loyal Heights

46272*	4/4-5/9	Mon	10:45-11:45 a.m.	R MacDonald	\$42
46338*	5/16-6/13	Mon	10:45-11:45 a.m.	R MacDonald	\$28

Vini Yoga

Ballard

46279	4/6-5/11	Wed	10:45-11:45 a.m.	A Mason	\$42
46345	5/18-6/22	Wed	10:45-11:45 a.m.	A Mason	\$42

Magnolia

46278	4/8-5/13	Fri	9:30-10:30 a.m.	TBD	\$42
46344	5/20-6/24	Fri	9:30-10:30 a.m.	TBD	\$42

Pilates

Stabilize and strengthen the core muscles of your abdominals and back while improving your flexibility and posture.

Loyal Heights

46276*	4/4-5/9	Mon	Noon-1 p.m.	D Dragovich	\$42
46342*	5/16-6/13	Mon	Noon-1 p.m.	D Dragovich	\$28

Class qualifies for \$10 off **SHAPE UP COUPON if you are a new student.*



Robin Brannman
Northeast
Recreation Specialist

206-386-9106 / cell 206-300-2043
robin.brannman@seattle.gov

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 34. For accommodation requests, please call 206-684-7548.

Due to COVID mandates all participants must show proof of vaccination and wear a mask at all times when entering a building for class. For more details see page 3.

SCHOLARSHIPS

The scholarship cycle runs June 2021–June 2022. Have your application approved prior to registration. See page 34 for details.

BACK IN MOTION

Our **Back in Motion** programs provide fitness classes and educational programs for people with chronic pain, or who are new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

SPECIAL EVENTS

Bystander Training: Hate Crime Responses

Wondering what you would do if you witnessed racial harassment or violence in public? Imagine if someone approached a person near you and started saying racist slurs at them. In this one-hour session, you will learn to identify, report, and safely respond to hate and bias crimes as a bystander. Class presented by CISC, and offered in English, Cantonese, and Mandarin.

Meadowbrook

46199 4/18 Mon 1-2 p.m. Free

Fall Prevention/Fire Safety

Learn strategies and resources to prevent falls and fires in your home. Topics include: home modification ideas, exercise programs, medication, vision, home fire hazards, smoke and carbon monoxide alarms, and how to respond safely to a home fire. Brought to you by the UW Public Health Program in collaboration with SFD and WA State Dept. of Health.

Magnuson Brig

46526 5/31 Tue Noon-1 p.m. Free

Soul Line Dance Party

Soul Line Dance party headlined by teachers Suzanne and Michelle! Come in your dancing shoes and leave with a workout. Dance to some old favorites and learn some new moves for the most popular classic line dances. All registrants will receive an emailed playlist and more details prior to the dance party.

TBD

46306 6/16 Thu 11 a.m.-1:30 p.m. \$9

Women's Personal Safety Class

Learn proactive tips and steps you can take to enhance your personal safety, taught by female Seattle police officers and female employees. Class goals include: knowing the important role your instincts and gut reactions play, discovering potentially dangerous situations and how to avoid them, and learning how to make a safety plan. This is a facilitated discussion and lecture about crime prevention and safety, **not** a self defense class.

Lake City

46514 4/14 Thu 1-2:30 p.m. Free

Magnuson Brig

46542 5/11 Wed 10:30 a.m.-Noon Free

SOCIAL PROGRAMS

Book Club at Meadowbrook

Meadowbrook book club returns! Explore new books, ask interesting questions while listening to different points of view, varied interpretations, metaphors, and themes. Co-organizer needed. Meets the 3rd Thursday of every month: 4/21, 5/19, 6/16.

Meadowbrook

46155	Thu	11 a.m.-Noon	Free
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ARTS AND HANDWORK

Brig Artist Studio

In this 4-hour, mentored art studio class you will work independently on your artwork in a supportive encouraging and friendly group. All levels are welcome and must be able to work independently. Individual and group critiques are given each class. All mediums welcome. Students are responsible for their own art supplies.

Magnuson Brig

46284	4/1-4/29	Fri	10 a.m.-2 p.m.	Pope/Frazer	\$140
46478	5/6-5/27	Fri	10 a.m.-2 p.m.	Pope/Frazer	\$112
46479	6/3-6/24	Fri	10 a.m.-2 p.m.	Pope/Frazer	\$112

Painting in the Community

Join others to paint as a community of artists in any water medium, using your own supplies. Registration is required.

Magnuson Brig

46300	4/5-6/14	Tue	10 a.m.-Noon.	Free
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Painting Studio Time

Join others to paint as a community of artists in any water medium, using your own supplies. No formal instruction. Registration required.

Magnuson Brig

46401	4/5-6/14	Tue	1-3 p.m.	Free
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Watercolor with Sandra Kahler

Bring your paints, brushes, and joy of painting. There will be a demonstration with the lesson, and personal instruction to further your watercolor skills. All skill levels welcome.

Magnuson Brig

46353	4/7-5/26	Thu	10 a.m.-12:30 p.m.	S Kahler	\$84
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LIFELONG LEARNING

Creative Memoir Writing—Hybrid

Discover a gentle, supportive approach to writing. With prompts and tips, we will write first drafts together in 10-minute sessions, followed by positive feedback.

Northgate

46286	4/7-5/12	Thu	1:45-3 p.m.	A Peizer	\$53
46481	5/19-6/16	Mon	1:45-3 p.m.	A Peizer	\$45

PICKLEBALL SKILLS

Pickleball Skills

Learn the basic strokes, rules, and strategies of pickleball. This class includes one hour of instructional play, and 30-minutes extra play time! Once you've learned the basics, you can join our drop-in play across most of the community centers in Seattle. Must show vaccination status, and wear a mask. Please bring your own water bottle.

Meadowbrook

46964	4/5-5/10	Tue	Noon-1:30 p.m.	M Bisch	\$18
47135	5/17-6/21	Tue	Noon-1:30 p.m.	M Bisch	\$18

Pickleball at a Glance

See page 9 for community center information for days, times, and registration.

FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

NEW World Beat Dance Aerobics

Ditch the workout, join the party! Fun is the key ingredient to this low impact Latin-inspired dance fitness class. No rhythm required. Try a class and leave happy!

Meadowbrook

46119	4/4-5/9	Mon	1-2 p.m.	Mish Mish	\$42
46502	5/16-6/13	Mon	1-2 p.m.	Mish Mish	\$28

FITNESS CLASSES

Line Dance

Work out your mind and body. Learn new dance patterns to all kinds of great music.

Magnuson Brig

All Levels

46298	4/5-5/10	Tue	12:30-1:30 p.m.	C House	\$42
46490	5/17-6/14	Tue	12:30-1:30 p.m.	C House	\$35

Meadowbrook

All Levels

46299	4/7-5/12	Thu	1:30-2:30 p.m.	C Jennings	\$42
46491	5/19-6/16	Thu	1:30-2:30 p.m.	C Jennings	\$35



Meet Charla Jennings!

"Hi, my name is Charla Jennings. I teach line dancing, ballet, and ballroom. In my other life I take care of my 101 year old mother, and walk my dog, Lucky Lady."

Charla teaches Line Dance on Thursdays at 1:30 p.m. at Meadowbrook.

Soul Line Dance

Not just country! Line dance to an assortment of music genres, including soul, rhythm and blues, as well as country. Work out your mind and body. Learn new dance patterns to all kinds of great music.

Magnuson Brig

All Levels **NEW**

47310	4/4-5/9	Mon	12:30-1:30 p.m.	M Silver	\$42
47312	5/16-6/13	Mon	12:30-1:30 p.m.	M Silver	\$28

Beginner

46307	4/8-5/13	Fri	9:15-10:15 a.m.	M Silver	\$42
46495	5/20-6/17	Fri	9:15-10:15 a.m.	M Silver	\$35

Beginner Intermediate

46305	4/8-5/13	Fri	10:30-11:30 a.m.	M Silver	\$42
46494	5/20-6/17	Fri	10:30-11:30 a.m.	M Silver	\$35



Meet Mie Park!

"Feel the music, smile, move with it. All moves are welcome in my Zumba class."

NEW Zumba® Gold

Ditch the workout, join the party! Fun is the key ingredient to this low impact Latin inspired dance fitness class. No rhythm required. Try a class and leave happy!

Meadowbrook

45737	4/8-5/13	Fri	1-2 p.m.	M Park	\$42
46498	5/20-6/24	Fri	1-2 p.m.	M Park	\$42

Strength and Conditioning

NEW Chair Strength and Tone

Strengthen and tone all muscle groups for improved health and fitness in this low-level fitness class. Great for those who are just starting an exercise regimen, or those who need to stay fit but need the security of a chair.

Magnuson Brig

46471	4/6-5/11	Wed	12:45-1:45 p.m.	D Dragovich	\$42
46474	5/18-6/15	Wed	12:45-1:45 p.m.	D Dragovich	\$35

FITNESS CLASSES

Circuit Training

Become a stronger you! In this fitness program you will move from one strength training station to the next with cardio intervals in-between.

Meadowbrook

46285	4/8-5/13	Fri	11:30 a.m.-12:30 p.m.	R Buyce	\$42
46480	5/20-6/24	Fri	11:30 a.m.-12:30 p.m.	R Buyce	\$42

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. This evidence-based program is offered in partnership with Sound Generations. An EnhanceFitness participant information and health history form are collected annually, prior to registration. Forms location: <https://www.seattle.gov/parks/find/for-adults-50>. Kaiser Permanente members with Part B Medicare coverage must provide a copy of their membership card with their forms. Silver and Fit participants, write your member number at the top of your forms. Mail to: Lifelong Recreation, 4554 NE 41st St., Seattle, WA 98105.

Note: Screening forms take up to two weeks to process. Free to Kaiser Permanente Part B Medicare coverage participants. American Specialty Health (ASH) Silver and Fit will cover in-person classes and is limited to 10 visits a month. To learn more about EnhanceFitness visit <https://projectenhance.org/enhancefitness/> and <https://projectenhance.org/about-us/>.

Magnuson

KP and ASH Members

46289	4/5-5/10	Tue	11:15 a.m.-12:15 p.m.	C House	Free
46487	5/17-6/14	Tue	11:15 a.m.-12:15 p.m.	C House	Free
46291	4/7-5/12	Thu	9:30-10:30 a.m.	J Shearer	Free
46488	5/19-6/16	Thu	9:30-10:30 a.m.	J Shearer	Free

Self-Pay

46290	4/5-5/10	Tue	11:15 a.m.-12:15 p.m.	C House	\$42
46483	5/17-6/14	Tue	11:15 a.m.-12:15 p.m.	C House	\$35
46292	4/7-5/12	Thu	9:30-10:30 a.m.	J Shearer	\$42
46484	5/19-6/16	Thu	9:30-10:30 a.m.	J Shearer	\$35

Want to take a
VIRTUAL CLASS
but are not sure how?

See Webex on page 9 for details.

Meadowbrook

KP and ASH Members

46293	4/6-5/11	Wed	9:40-10-40 a.m.	C House	Free
46489	5/18-6/22	Wed	9:40-10-40 a.m.	C House	Free
46287	4/8-5/13	Fri	9:40-10-40 a.m.	C House	Free
46486	5/20-6/24	Fri	9:40-10-40 a.m.	C House	Free

Self-Pay

46294	4/6-5/11	Wed	9:40-10-40 a.m.	C House	\$42
46485	5/18-6/22	Wed	9:40-10-40 a.m.	C House	\$42
46288	4/8-5/13	Fri	9:40-10-40 a.m.	C House	\$42
46482	5/20-6/24	Fri	9:40-10-40 a.m.	C House	\$42

Strength and Conditioning

ENERGIZE your Thursdays by stretching, swooping, and strengthening! Jane will wind you through a series of exercises to build strength, flexibility, balance, and achieve better overall conditioning. This class will leave you feeling happy and connected.

Magnuson Brig

46308	4/7-5/12	Thu	8:15-9:15 a.m.	J Shearer	\$42
46496	5/19-6/16	Thu	8:15-9:15 a.m.	J Shearer	\$35



Tai Chi and Qigong

Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy.

Magnuson Brig

All Levels

46310	4/5-5/10	Tue	10-11 a.m.	E Baxa	\$42
46476	5/17-6/14	Tue	10-11 a.m.	E Baxa	\$35

Meadowbrook

All Levels

46309	4/8-5/13	Fri	8:30-9:30 a.m.	E Baxa	\$42
46497	5/20-6/24	Fri	8:30-9:30 a.m.	E Baxa	\$42

FITNESS CLASSES

Qigong and Beginning Tai Chi

Relaxing, ancient, meditative qigong moves, connected to the five elements, are taught followed by the beginning steps of the Yang style short form of Tai Chi. No experience necessary.

Northgate

Beginning

46466	4/7-5/12	Thu	11:15 a.m.-12:15 p.m.	A Peizer	\$42
46500	5/19-6/16	Thu	11:15 a.m.-12:15 p.m.	A Peizer	\$35

Qigong and Tai Chi—Ongoing

Relaxing, ancient, meditative qigong moves, connected to the five elements, are taught followed by the beginning steps of the Yang style short form of Tai Chi. Prior attendance in Annette's Qigong and Beginning Tai Chi class is required for entrance into this ongoing class.

Northgate

Ongoing Levels

46304	4/7-5/12	Thu	12:30-1:30 p.m.	A Peizer	\$42
46501	5/19-6/16	Thu	12:30-1:30 p.m.	A Peizer	\$35

Yoga and Pilates

We have a limited supply of yoga and pilates gear for new participants. We recommend that you bring your own equipment.

Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, and peace of mind. Non-flow style.

Gentle Yoga

Magnuson

47136	4/6-5/11	Wed	10-11 a.m.	TBD	\$42
47137	5/18-6/15	Wed	10-11 a.m.	TBD	\$35

Vini Yoga

Meadowbrook

46295	4/4-5/9	Mon	9-10 a.m.	H Mair	\$42
46472	5/16-6/13	Mon	9-10 a.m.	H Mair	\$28

Northgate

46296	4/7-5/12	Thu	9:30-10:30 a.m.	H Mair	\$42
46477	5/19-6/16	Thu	9:30-10:30 a.m.	H Mair	\$35

Virtual

46297	4/5-5/10	Tue	9:30-10:30 a.m.	H Mair	\$42
46473	5/17-6/14	Tue	9:30-10:30 a.m.	H Mair	\$35

Yoga for Gardeners

Gardening is a moving meditation, connecting us to the seasons and nature's rhythms. It is also a rigorous physical activity, huddled over roses or crouched among a cluster of weeds. Repetitive movements and hauling heavy loads lead to aches and pains. This yoga class, taught in the vini yoga tradition, is designed to stretch and strengthen all parts of your body. Easy to learn poses can be integrated into your daily routine. Persistent practice will help you regain flexibility in your hips, neck, shoulders and lower back while building strength throughout your body.

Meadowbrook

46311	5/16-6/13	Mon	10:30-11:30 a.m.	H Mair	\$35
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Pilates

Stabilize and strengthen the core muscles of your abdominals and back while improving your flexibility and posture.

Magnuson Brig

46303	4/6-5/11	Wed	11:30 a.m.-12:30 p.m.	D Dragovich	\$42
46475	5/18-6/15	Wed	11:30 a.m.-12:30 p.m.	D Dragovich	\$35

Northgate

46302	4/7-5/12	Thu	5-6 p.m.	D Dragovich	\$42
46493	5/19-6/16	Thu	5-6 p.m.	D Dragovich	\$35

Virtual

46301	4/5-5/10	Tue	11:30 a.m.-12:30 p.m.	D Dragovich	\$42
46492	5/17-6/14	Tue	11:30 a.m.-12:30 p.m.	D Dragovich	\$35



Angela P. Smith
Central
Recreation Specialist

206-684-4240 / cell 206-450-9522
angelap.smith@seattle.gov

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 34. For accommodation requests, please call 206-684-7548.

Due to COVID mandates all participants must show proof of vaccination and wear a mask at all times when entering a building for class. For more details see page 3.

SCHOLARSHIPS

The scholarship cycle runs June 2021–June 2022. Have your application approved prior to registration. See page 34 for details.

FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Dance for Parkinson's

Explore dance movements in a welcoming environment with live music. You will stretch and strengthen muscles, focusing on balance and rhythm. Our professional dancers use thought, imagination, eyes, ears, and touch to control movement while standing or seated. Ideal for those with Parkinson's disease, caregivers, and friends.

Please note: registration with Seattle Parks & Recreation AND with Seattle Theatre Group Dance for PD® at shawnr@stgprepresents.org is required to access the facility, as well as registration with NW Parkinson's Foundation at www.nwpf.org is required. No class 4/14.

Garfield

46470 4/7-6/2 Thu 11 a.m.-12:30 p.m. Free

Pickleball at a Glance

See page 9 for community center information for days, times, and registration.

Tai Chi

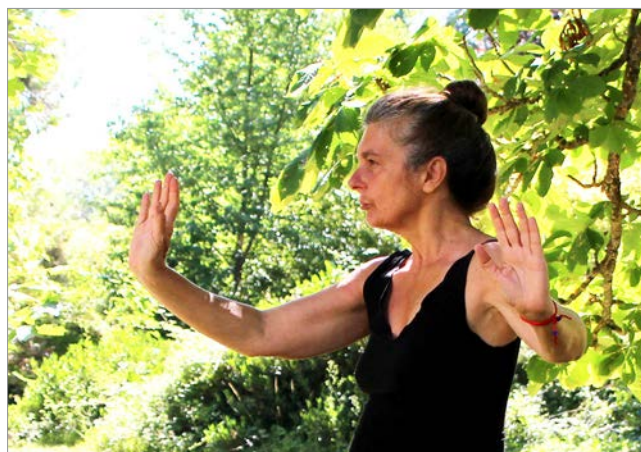
Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy.

Garfield

All Levels

46468	4/4-5/9	Mon	10:15-11:15 a.m.	E Baxa	\$42
46469	5/6-6/13	Mon	10:15-11:15 a.m.	E Baxa	\$28





John Hasslinger
Southwest
Recreation Specialist

206-256-5403 / cell 206-423-3988
john.hasslinger@seattle.gov

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 34. For accommodation requests, please call 206-684-7548.

Due to COVID mandates all participants must show proof of vaccination and wear a mask at all times when entering a building for class. For more details see page 3.

SCHOLARSHIPS

The scholarship cycle runs June 2021–June 2022. Have your application approved prior to registration. See page 34 for details.

BACK IN MOTION

Our **Back in Motion** programs provide fitness classes and educational programs for people with chronic pain, or who are new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

SPECIAL EVENTS

Line Dance Spring Party

Lifelong Recreation's quarterly line dance party headlined by Ms. Linda Reese! Come in your dancing shoes and leave with a workout. Learn and dance some of the most popular line dances. All registrants will receive an emailed playlist and more details prior to the dance party.

High Point

46436 6/3 Fri 1:30–4 p.m. Linda Reese \$9

Put on your dancing shoes, or boots, and come to our Line Dance Spring Party!



SOCIAL PROGRAMS

Book Clubs

High Point Book Club

Meets the 2nd Thursday of each month. Covid protocols communicated after registration. Meets: 4/14, 5/12, and 6/9.

High Point

46434 Thu 1–2 p.m. Free

PICKLEBALL SKILLS

Pickleball Skills

Pickleball is great for the mind, body, and making connections with fun people. Each session includes skills, drills, strategies, and practice—like dinking, lobbing, and serving. New students and intermediates welcome, no equipment required. *No class Apr 14.*

Delridge

46437	4/7-5/12	Thu	10:15-11:15 a.m.	Dan M	\$15
46971	5/19-6/16	Thu	10:15-11:15 a.m.	Dan M	\$15

Pickleball at a Glance

See page 9 for community center information for days, times, and registration.

Pickleball Skills 101

Pickleball is great for the mind, body, and making connections with fun people. Each session includes skills, drills, strategies, and practice—like dinking, lobbing, and serving. Then put those new skills to use in open play. This course is geared to new players, no equipment required.

Delridge No class 4/12

46438	4/5-5/10	Tue	10:15-11:45 a.m.	TBD	\$15
46972	5/17-6/14	Tue	10:15-11:45 a.m.	TBD	\$15

High Point No class 4/11

46439	4/4-5/9	Mon	11:30 a.m.-1 p.m.	M Anderson	\$15
46452	5/16-6/13	Mon	11:30 a.m.-1 p.m.	M Anderson	\$12

FITNESS

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Bollywood Fitness

Fitness fusion that combines global dance, strength training, and whole body stretching, to give you a complete workout—body, mind, and soul! Set to fun world music (Bollywood, Latin, Western pop, and others), you'll get a great workout and learn music and moves from other cultures. Please bring 3-5 lb. hand weights, a mat, water bottle, and towel.

High Point

46570	4/22-5/13	Fri	10-11 a.m.	Allison C	\$28
46571	5/20-6/17	Fri	10-11 a.m.	Allison C	\$35

Line Dance

Work out with your mind and body. Learn new dance patterns to some great music. *No class 4/12 and 4/14.*

High Point

46553	4/5-5/10	Tue	10:30-11:30 a.m.	Yu-San	\$35
46555	5/17-6/14	Tue	10:30-11:30 a.m.	Yu-San	\$35
46435	4/7-5/12	Thu	11:15 a.m.-12:15 p.m.	S Simmons	\$35
46448	5/19-6/16	Thu	11:15 a.m.-12:15 p.m.	S Simmons	\$35



Join one of our popular line dance classes!

FITNESS

Zumba® Gold

Ditch the workout, join the party! Fun is the key ingredient in this low impact Latin inspired dance fitness class. No rhythm or partner required. You'll leave exhilarated and energized! Appropriate for all fitness levels. *No class 4/12 or 4/14.*

Delridge

46442	4/5-5/10	Tue	10:15-11:15 a.m.	M Jorgensen	\$35
46974	5/17-6/14	Tue	10:15-11:15 a.m.	M Jorgensen	\$35
46443	4/7-5/12	Thu	10:15-11:15 a.m.	M Jorgensen	\$35
46973	5/19-6/16	Thu	10:15-11:15 a.m.	M Jorgensen	\$35

Bring your hand weights to Fitness at Delridge!



Strength and Conditioning

Fitness at Delridge

Build total body muscle strength using fitness bands, free weights, and floor work. Improve balance, flexibility, and agility. Instructor is a professional dance and fitness instructor, and performer. *Please bring hand weights to class. No class 4/13.*

Delridge

46431	4/6-5/11	Wed	10:15-11:15 a.m.	S Simmons	\$35
46970	5/18-6/15	Wed	10:15-11:15 a.m.	S Simmons	\$35

Tai Chi and Qigong

Tai Chi

Learn yang style short form tai chi in a gentle, supportive class. This style was created by Professor Cheng Man Chi'ing. Tai chi promotes balance, stress relief and energy cultivation. All levels welcome. *No class 4/11.*

High Point

46440	4/4-5/9	Mon	11 a.m.-Noon	P Elend	\$35
46453	5/16-6/13	Mon	11 a.m.-Noon	P Elend	\$35

Yoga

We have a limited supply of yoga and pilates gear for new participants. We recommend that you bring your own equipment.

Gentle Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, and peace of mind. Non-flow style.

High Point No class 4/11 or 4/13

46432	4/4-5/9	Mon	10-11 a.m.	J Reed	\$35
46445	5/16-6/13	Mon	10-11 a.m.	J Reed	\$28
46433	4/6-5/11	Wed	11:30 a.m.-12:30 p.m.	J Reed	\$35
46446	5/18-6/15	Wed	11:30 a.m.-12:30 p.m.	J Reed	\$35





Anthony (BC) Ettel
Southeast
Recreation Specialist

206-684-7484 / cell 206-310-8163
anthony.ettel@seattle.gov

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 34. For accommodation requests, please call 206-684-7548.

Due to COVID mandates all participants must show proof of vaccination and wear a mask at all times when entering a building for class. For more details see page 3.

SCHOLARSHIPS

The scholarship cycle runs June 2021–June 2022. Have your application approved prior to registration. See page 34 for details.

RAINBOW RECREATION

Programs for LGBTQ+, friends, and allies.

BACK IN MOTION

Our **Back in Motion** programs provide fitness classes and educational programs for people with chronic pain, or who are new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

SOCIAL PROGRAMS

Games

Senior Games

Make new friends and enjoy a fun afternoon of mahjong, table tennis, cards, and dominos.

Due to Covid protocols, please call the community center at 206-386-1245 to register. Only participants registered for programs will be allowed into the community center.

Yesler

46595	4/6-5/11	Wed	2-4 p.m.	Free
46596	5/23-6/22	Wed	2-4 p.m.	Free

PICKLEBALL SKILLS

Pickleball Skills

Pickleball is a popular paddle sport that combines elements of badminton, tennis, and table tennis. Learn the basics or brush up on your skills. This class is designed for beginning or intermediate players.

Rainier

46557	4/6-5/11	Wed	10:30 a.m.-Noon	M Anderson	\$18
46575	5/18-6/22	Wed	10:30 a.m.-Noon	M Anderson	\$18

Pickleball at a Glance

See page 9 for community center information for days, times, and registration.

FITNESS CLASSES

Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Line Dance

Work out with your mind and body. Learn new dance patterns to all kinds of great music.

Yesler

Beginner

46745	4/5-5/10	Tue	9:45-10:45 a.m.	M Chen	\$42
46749	5/17-6/21	Tue	9:45-10:45 a.m.	M Chen	\$42

Advanced Beginner

46744	4/5-5/10	Tue	11 a.m.-Noon	M Chen	\$42
46748	5/17-6/21	Tue	11 a.m.-Noon	M Chen	\$42

Traditional and Contemporary Asian Dance

Have fun while learning new dance moves influenced by Malaysian, Chinese, and Vietnamese dance. Class is delivered in Mandarin and English.

Van Asselt

All Levels

46750	4/9-5/7	Sat	2-3:45 p.m.	S Ma	Free
46751	5/14-6/18	Sat	2-3:45 p.m.	S Ma	Free

Line dance is a fun way to work out—come see what it's all about!



FITNESS CLASSES

Strength and Conditioning

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. This evidence-based program is offered in partnership with Sound Generations. An EnhanceFitness participant information and health history form are collected annually, prior to registration. Forms location: <https://www.seattle.gov/parks/find/for-adults-50>. Kaiser Permanente members with Part B Medicare coverage must provide a copy of their membership card with their forms. Silver and Fit participants, write your member number at the top of your forms. Mail to: Lifelong Recreation, 4554 NE 41st St., Seattle, WA 98105.

Note: Screening forms take up to two weeks to process. Free to Kaiser Permanente Part B Medicare coverage participants. American Specialty Health (ASH) Silver and Fit will cover in-person classes and is limited to 10 visits a month. To learn more about EnhanceFitness visit <https://projectenhance.org/enhancefitness/> and <https://projectenhance.org/about-us/>.

Rainier

KP and ASH Members

46240	4/4-5/9	Mon	10:30-11:30 a.m.	V Bowles	Free
46254	5/16-6/13	Mon	10:30-11:30 a.m.	V Bowles	Free
46242	4/6-5/11	Wed	10:30-11:30 a.m.	Y Gartz	Free
46258	5/18-6/22	Wed	10:30-11:30 a.m.	Y Gartz	Free
46238	4/8-5/13	Fri	10:30-11:30 a.m.	Y Gartz	Free
46250	5/20-6/24	Fri	10:30-11:30 a.m.	Y Gartz	Free

Self-Pay

46241	4/4-5/9	Mon	10:30-11:30 a.m.	V Bowles	\$42
46255	5/16-6/13	Mon	10:30-11:30 a.m.	V Bowles	\$28
46243	4/6-5/11	Wed	10:30-11:30 a.m.	Y Gartz	\$42
46259	5/18-6/22	Wed	10:30-11:30 a.m.	Y Gartz	\$42
46239	4/8-5/13	Fri	10:30-11:30 a.m.	Y Gartz	\$42
46251	5/20-6/24	Fri	10:30-11:30 a.m.	Y Gartz	\$42

Want to take a
VIRTUAL CLASS
but not sure how?

See Webex on page 9 for details.

Virtual

KP Members

46246	4/4-5/9	Mon	11:45 a.m.-12:45 p.m.	V Bowles	Free
46256	5/16-6/13	Mon	11:45 a.m.-12:45 p.m.	V Bowles	Free
46248	4/6-5/11	Wed	11:45 a.m.-12:45 p.m.	Y Gartz	Free
46326	5/18-6/22	Wed	11:45 a.m.-12:45 p.m.	Y Gartz	Free
46244	4/8-5/13	Fri	11:45 a.m.-12:45 p.m.	Y Gartz	Free
46260	5/20-6/24	Fri	11:45 a.m.-12:45 p.m.	Y Gartz	Free

Self-Pay

46247	4/4-5/9	Mon	11:45 a.m.-12:45 p.m.	V Bowles	\$42
46257	5/16-6/13	Mon	11:45 a.m.-12:45 p.m.	V Bowles	\$28
46249	4/6-5/11	Wed	11:45 a.m.-12:45 p.m.	Y Gartz	\$42
46261	5/18-6/22	Wed	11:45 a.m.-12:45 p.m.	Y Gartz	\$42
46245	4/8-5/13	Fri	11:45 a.m.-12:45 p.m.	Y Gartz	\$42
46253	5/20-6/24	Fri	11:45 a.m.-12:45 p.m.	Y Gartz	\$42

Tai Chi and Qi Gong

Tai Chi and Qi Gong—Beginner

Relaxing, ancient moves are taught through easy, repeating exercises followed by the beginning steps of the Tai Chi Form 24. The goal is to maintain and restore bone mass, equilibrium, balance, and poise, by activating vital energy during this moving meditation practice. No experience necessary.

IDCC

46573	4/5-5/10	Thu	10-10:45 a.m.	K Philomin	\$27
46574	5/17-6/21	Thu	10-10:45 a.m.	K Philomin	\$27





While we look for our new Outdoor Recreation Coordinator, please contact Cheryl Brown for more information.

206-615-0619 /
cell 206-849-6564
cheryl.brown@seattle.gov

Stay Tuned!

Outdoor Recreation is our new program that encompasses Sound Steps, but adds more! Hikes, Environmental Education, Dog Walks, anything outdoor related lands here. There will be a new staff member on board soon who will take the lead! Stay tuned!

SCHOLARSHIPS

The scholarship cycle runs June 2021–June 2022. Have your application approved prior to registration. See page 34 for details.

Please register quarterly for all programs using the barcode provided. See page 34 for registration information. Unless dates are specified, walks are generally ongoing. Check with the volunteer walk leader for any dates that may be missed.

Due to COVID mandates all participants must show proof of vaccination and wear a mask at all times when entering a building for class. For more details see page 3.

DOG WALKS

Bring a dog, or come without one if you love dogs. Prepare to walk two to three miles, rain or shine. Meet at the designated site at 11 a.m., leash your dog, and bring poop bags. Walks are free. Please remember to register at cheryl.brown@seattle.gov so volunteer leader Sharon LeVine may contact you if there is a change.

Note: Bus riders are allowed to bring their dogs on Metro buses.



OUTDOOR RECREATION WALKS

Pacific Chorus Frogs

Hear the chorus and join in the search for these Pacific Northwest singers! Magnuson Park is rife with these NW Natives in the spring! Learn about their habitat and habits and hear their song! A walk through the restored wetlands and exploration of the park included. Meeting place to be given after registration.

Magnuson Park

46519 4/13 Wed 9-11 a.m. \$5

Discovery Park Loop Walk

Walk the 2.8-mile Discovery Park Loop Trail and see what spring brings to this beautiful habitat. Meet at the Environmental Learning Center. No transportation provided.

Discovery Park Environmental Learning Center

46515 4/26 Tue 10 a.m.-Noon Free



Great Blue Herons

Learn about the Great Blue Herons in our area and visit the large nesting area in Bothell. Meet in the back parking area of the Kenmore Park and Ride, bring your binoculars and camera, and dress for the weather. Join the group for lunch at a local restaurant after the trip, optional, and on your own. Sound Transit Routes: 372, 522, and 331.

Kenmore Park and Ride, back parking area

46518 5/18 Wed 11 a.m.-1 p.m. Free

Longfellow Creek Exploration

Explore Longfellow Creek with a naturalist who is well informed and can share much knowledge about the restoration and revitalization of the creek and trail. No transportation provided unless Covid restrictions change.

Longfellow Creek

46520 6/7 Tue 11 a.m.-1 p.m. Free

SOUND STEPS WALKS

Sound Steps is a community-driven and volunteer-led walking program designed for all levels of walkers. If you would like to plan and lead a walk, please be in touch!

- Visit [http://www.seattle.gov/parks/find/sound-steps-\(50\)](http://www.seattle.gov/parks/find/sound-steps-(50)) to receive Sound Steps e-newsletter.
- Visit the Sound Steps blog at seattlesoundsteps.wordpress.com for Strider walk locations.

Llandover Woods Sound Steps Walk

Several beautiful gravel-surfaced trails wind their way through dense northwest forest; it's often so quiet you can hear a leaf drop.

Llandover Woods Trailhead, 145th and 3rd Ave. NW

46522 4/4-6/27 Mon 10-11a.m. Free

Rainier Beach Sound Steps Walk

Walk laps to music inside the gym at Rainier Beach Community Center. All paces and mobility levels welcome. Must register in advance at number below and bring proof of vaccination to each walk.

Rainier Beach Community Center Gym

46516 4/5-6/29 Wed 10:30-11:30 a.m. Free

Seward Park Sound Steps Walk

Join us for this 2.8-mile loop around Seward Park which has beautiful views of Lake Washington and the Cascade Mountains all the way around! Meet in front of the Audubon Center near the main parking lot.

Seward Park Audubon Center

46521 4/7-6/30 Thu 11 a.m.-12:30 p.m. Free



Tamara Keefe
Dementia-Friendly
Program Coordinator

206-615-0100 /
cell 206-399-4655
tamara.keefe@seattle.gov

Working with community partners, we offer a variety of dementia-friendly recreation programs designed for and celebrating the strengths of people living with memory loss. Many of these programs have been inspired by and developed through community input. For more information or to register, contact Tamara Keefe, or the contact person noted in the description.

Free Programs

To reduce barriers to participation, all of our programs are now free to attend! This is made possible through generous community sponsorships and donations. To support Dementia-Friendly Recreation with a donation, visit <https://arcseattle.org/Lifelong-Recreation-Donations> and designate "Dementia-Friendly Programs."

Receive monthly updates

There are new dementia-friendly opportunities developing in the community all the time! To learn about upcoming programs join the email list for the Dementia-Friendly Recreation e-Newsletter. Sign-up at <http://www.seattle.gov/parks/find/dementia-friendly-recreation>.

Due to COVID mandates all participants must show proof of vaccination and wear a mask at all times when entering a building for class. For more details see page 3.

SOCIAL PROGRAMS

Lake City Momentia Meet-Ups

Free

Laugh, explore and connect at this inclusive, memory-friendly event for the whole community. We are rebuilding the group and would love to have you join us for improv, music, movement and more! Reach out to Emily at 206-707-1865 or emilyb@soundgenerations.org, if interested. This class is offered in partnership with Lake City Seniors and Sea Mar Latino Seniors.

Lake City CC

Reuniones de Momentia en Lake City

Gratis

Ríase, explore y conéctese en este evento inclusivo y memorable para toda la comunidad. Estamos reiniciando el grupo y nos encantaría que se uniera a nosotros para el improv, el arte, la música, el movimiento y más. Si desea asistir a clases, comuníquese con Emily al 206-707-1865 o emilyb@soundgenerations.org. Esta clase se ofrece en colaboración con Lake City Seniors y Sea Mar Latino Seniors.

Lake City CC

MOMENTIA SEATTLE

At Seattle Parks and Recreation, we are proud to be part of the grassroots movement empowering persons with memory loss and their loved ones to remain connected and active in the community. To learn more about Momentia and see a calendar with a full listing of memory loss offerings in the Greater Seattle area, visit: www.momentiasseattle.org.

Momentia Mondays at SESSC

Free

Connect with others experiencing memory loss and explore different topics and projects together, including improv, drumming, movement, and more! Offered in partnership with the Southeast Seattle Senior Center (SESSC). *Please call the SESSC to confirm the program details, at 206-722-0317.*

SESSC, 4655 S Holly St.

Mondays

10:30-11:30 a.m.

OUTDOOR RECREATION



Garden Discovery Walks

Free
Join us in the garden at the Memory Hub—the new home base for the Garden Discovery Walks program. Discover changes through the season, engage in horticultural activities, and learn what makes this public "memory garden" particularly accessible to people living with dementia and their families. Light refreshments provided. Offered in partnership with UW Memory and Brain Wellness Center. For information, or to complete registration following account set-up: tamara.keefe@seattle.gov, or 206-615-0100.

Memory Hub

First Fridays

10:30 a.m.-Noon

Out and About Walks

Free
Invigorate body, brain, and spirit with 1.5 to 2-mile moderately-paced walks in parks and neighborhoods throughout Seattle. Varied terrain includes sidewalks and gravel paths; mostly level with occasional hills. As public safety allows, end with a social gathering in a nearby café. For information, or to complete registration following account set-up: tamara.keefe@seattle.gov, or 206-615-0100.

Various Locations

2nd and 4th Fridays

10:30 a.m.-Noon.

Memory Loss Zoo Walks

Free
Enjoy a gentle to moderately-paced walk through the zoo, followed by a social gathering in the zoo café. Flat, paved surface. A partnership with the Alzheimer's Association and Greenwood Senior Center. Registration and screening required by calling the Alzheimer's Association at 206-363-5900.

Woodland Park Zoo

Monday/Wednesday mornings

Enjoy a walk at the zoo and see some fine animals.





Tamara Keefe
Rainbow
Program Coordinator

206-615-0100 /
cell 206-399-4655
tamara.keefe@seattle.gov

Seattle Parks and Recreation strives to create respectful and safe environments, to enhance health and well-being, and to welcome community members of all backgrounds. While our LGBTQ+ neighbors are welcome in all programs, Rainbow Recreation was developed to specifically serve adults 50+ who identify from the LGBTQ+ community, and their friends and allies. We want your involvement to design programming that meets needs and interests! What would you like to see, or what can you offer? Contact tamara.keefe@seattle.gov so that we can create opportunity.

Due to COVID mandates all participants must show proof of vaccination and wear a mask at all times when entering a building for class. For more details see page 3.

SCHOLARSHIPS

The scholarship cycle runs June 2021–June 2022. Have your application approved prior to registration. See page 34 for details.

FITNESS CLASSES

Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Tai Chi

T'ai Chi Chih®

A slow moving meditative routine of nineteen moves and one pose. These movements circulate and balance the internal energy (Chi) to all the organs, muscles, and bones. No experience necessary and chair seated students are welcome.

Miller

46462 5/17-6/21 Tue 1:30-2:30 p.m. \$42



Yoga

We have a limited supply of yoga and pilates gear for new participants. We recommend that you bring your own equipment.

Gentle Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind. Chair seated participants are welcome. A Rainbow Recreation offering for LGBTQ+ and allies.

Miller

46457	4/4-5/9	Mon	11:45 a.m.-12:45 p.m.	L Gardener	\$42
46458	5/16-6/13	Mon	11:45 a.m.-12:45 p.m.	L Gardener	\$28
46460	4/6-5/11	Wed	11:45 a.m.-12:45 p.m.	L Gardener	\$42
46459	5/18-6/22	Wed	11:45 a.m.-12:45 p.m.	L Gardener	\$42



Lifelong Recreation Advisory Council

You Can Make a Difference!

The Lifelong Recreation Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people age 50+ of all abilities and backgrounds.

Your Advisory Council

Most classes, workshops, sports programs, special events, and facility rentals are funded through the local advisory councils, rather than from City of Seattle budget. Revenues generated through program fees offset program costs to make these activities self-sustaining. We rely on participation, donations, and contributions to maintain and upgrade equipment.

Join Us!

Citizen direction and participation is essential to our success. Our advisory councils are always looking for new members. Monthly meetings are held to advise about programs, policies, and financial issues.

If you'd like to get involved, please contact Cheryl Brown at 206-849-6564.

The Associated Recreation Council (ARC) is dedicated to serving Seattle's community in partnership with Seattle Parks and Recreation with citywide fiscal accountability, advisory council support, and community-focused leadership.

VOLUNTEER OPPORTUNITIES

We have lots of opportunities for you to get involved within your community!



- Lead a book club, bridge club, or mah jongg group.
- Be a field trip van driver: tours and meals comp'd.
- Join the Senior Volunteer Team at your local community center.
- Come help at a food bank with us.
- Be a walk leader with Outdoor Recreation or Sound Steps.
- Become a Seattle Urban Nature Guide.
- Help with program development by joining the Lifelong Recreation Advisory Council—see above.

COMMUNITY RESOURCES

Age Friendly Seattle's Civic Coffee

FREE virtual event where older people can meet community leaders and local government officials, ask questions and provide feedback. In 2022, we are switching to a hybrid format—streamed LIVE to audiences in multiple community locations and at home! Refreshments are served at in-person locations.

Central Branch of The Seattle Public Library, 4th floor at 1000 4th Ave. (between Spring and Madison St.) is CIVIC COFFEE's main location. It is streamed LIVE at bit.ly/AgeFriendlyLive on third Thursdays, 10:30 a.m.-Noon with interpretation available upon request. Multilingual captioning included. Speakers and satellite locations are TBA at bit.ly/AgeFriendlyLive. With questions or to request an accommodation please call 206-233-5121 or email agefriendly@seattle.gov.



Are you 60+ years old?

Then you qualify for discounts in Seattle and King County with Gold Card for Healthy Aging!



Discounts include:

Seattle Aquarium: FREE

Woodland Park Zoo: 75% OFF

Seattle Animal Shelter: 50% OFF

For a full list of discounts or to request a card by mail, visit Seattle.gov/AgeFriendlyDiscounts.

To pick up your Gold Card in person, visit your local senior center, community center, City of Seattle's Customer Service Center, Customer Service Bureau, or Seattle Animal Shelter. No application is needed in-person, just proof of age!

**If you are between the ages of 18 and 59 and have a disability, visit Seattle.gov/AgeFriendlyDiscounts to apply for the FLASH card.*

Age Friendly Seattle

The City of Seattle has created an Age Friendly Seattle Action Plan based on the following 8 domains of livability by The World Health Organization:



1. Outdoor spaces and buildings
2. Transportation
3. Housing
4. Social participation
5. Respect and social inclusion
6. Civic participation, and employment
7. Communication and information
8. Community and health services

Visit www.seattle.gov/agefriendly to learn more.

Are you facing aging or disability issues?



Community Living Connections
1-844-348-5464
www.communitylivingconnections.org

SENIOR CENTERS AND PROGRAMS FOR SENIORS

About...Senior Centers!

Senior centers are lively community hubs providing a warm, welcoming social space and affordable programs to enrich the lives of seniors and their families. Caring staff provide guidance through some of the challenges of aging and navigating the network of community and government resources. Many senior centers provide counseling and support services, health services, fitness programs, financial and legal assistance, transportation options, and meal programs.

Center/Program Locations

Due to COVID 19, centers will have varying hours of operation, so please contact your center for more information.

Ballard NW Senior Center

5429 32nd Ave. NW, 98107
206-297-0403 / ballardseniorcenter.org

Central Area Senior Center

500 30th Ave. S, 98144
206-726-4926 / <https://casrcenter.org/>

Club Bamboo

3639 MLK Jr Way S, 98108
206-774-2440 / www.acrs.org

El Centro de la Raza

2524 16th Ave S, 98144
206-957-4634 / www.elcentrodelaraza.org

Ethiopian Community Center

8323 Rainier Ave S, 98118
206-325-0304 / www.ecseattle.org

Generations Aging With Pride

206-495-8312 / gapseattle.org

Greenwood Senior Center

525 N 85th St., 98103
206-297-0875 / phinneycenter.org/gsc/

International Drop-In Center

7301 Beacon Ave S, 98108
206-587-3735 / www.idicseniorcenter.org

Kin On Community Center

4416 S Brandon St, 98118
206-556-2237 / www.kinon.org

Lake City Community Center

12531 28th Ave. NE, 98125
206-268-6738 / lakecityseniors.org

Pike Place Senior Center

85 Pike St., #200, 98101
206-728-2773 / pmsc-fb.org/

Sea Mar Latino Senior Nutrition and Outreach Program

Various Locations
206-764-4700 / seamar.org

Salvation Army Senior Center/White Center

9050 16th Ave. SW, 98106
206-767-3150 / tsawwhitecenter.org

Southeast Seattle Senior Center

4655 S Holly St., 98118
206-722-0317 / sessc.org

South Park Senior Center

8201 10th Ave. S, 98108
206-767-3650 / spseniors.org

Sunshine Garden Chinese Senior Community Center

611 S. Lane St., 98104
206-624-5633 / cisc-seattle.org

Wallingford Community Senior Center

4649 Sunnyside Ave. N, 98103
206-461-7825 / wallingfordseniors.org

West Seattle Senior Center

4217 SW Oregon St., 98116
206-932-4044 / sc-ws.org

REGISTRATION



FIRST CHOICE

Go to Seattle Parks and Recreation's new online registration software at http://bit.ly/spr_registration_account. Sign in, or create an account if this is your first time registering for classes with the new software. Once you are logged in, choose your programs and pay online.



SECOND CHOICE

Call your local recreation center during their hours of operation at the phone number listed at: seattle.gov/parks/centers.asp. All staff can assist you with registration.



THIRD CHOICE

Register by phone with our Business Service Center at 206-684-5177. The Business Service Center is open Monday through Friday between 8:30 a.m. and 6 p.m. Questions may be emailed to: ParksBSC@seattle.gov.

Parks Management and Professional Staff

4554 NE 41st Street • Seattle, Washington 98105
206-684-4951 • Fax 206-684-4957 • TDD/TTY Only 206-233-1509

Parks Management

Christopher Williams, Interim Superintendent
Justin Cutler, Director of Recreation
Lori Chisolm, Manager

Professional Staff

Cheryl Brown, Recreation Program Coordinator, 206-849-6564
Dena Schuler, Management Systems Analyst, 206-450-9819
Linda Guzzo, Administrative Specialist, 206-684-4951

SCHOLARSHIP INFORMATION

Seattle Park District Scholarship funds are available to those who qualify. Lifelong Recreation programs have been allocated over \$50,000. To apply, visit any community center or pool, bring your most recent 1040 or SSI paperwork, and picture ID. To download forms online visit https://bit.ly/spr_scholarships.

Here are some beginning qualification guidelines:

Scholarship Eligibility		Number in House			
		1		2	
80%	Monthly	\$2,594	\$2,918	\$3,523	\$3,963
70%	Monthly	\$2,918	\$3,283	\$3,963	\$4,458
60%	Monthly	\$3,283	\$3,693	\$4,458	\$5,015
50%	Monthly	\$3,693	\$4,155	\$5,016	\$5,642



Registration Information and Refund Policy

Payment

Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due plus a \$20 fee. Registration is not complete and a spot in the class cannot be held without payment in full.

Fees and Charges

ARC: Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees are used to offset the cost of providing the programs. Program charges include a user fee paid to Seattle Parks and Recreation to defray operating costs. Washington State sales tax is also included where applicable.

City: Fees and charges are necessary to provide financial support to Seattle Parks and Recreation for the operating costs of programs, facilities and grounds. The revenue generated by these fees constitutes only a portion of funds required for operating and maintaining the Parks system. All fees collected from activities and concessions are used exclusively for the Parks system as these funds are deposited in the Parks and Recreation Fund, not the City General Fund. Swimming pool fees and charges are set by City Council.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Refunds

Refunds: It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- A full refund will be issued for any class, trip, or reservation that is canceled for any reason by the Department or the Associated Recreation Council.
- Satisfaction Guarantee-Any person who registers for a CLASS and who requests a refund before the second class session may receive a prorated refund minus a service charge.
- Any person who registers for a TRIP and requests a refund 14 days or more before it's start, may receive a refund minus a service charge.
- A transfer from one class to another is permitted without cost if done on the same business day as the original registration, and is subject to space availability.
- No fee is charged for a transfer initiated by Seattle Parks and Recreation staff when done to correct an error in registration or allow for a better recreation opportunity.

Please read the entire policy 7.16 for specific information. An extra process is required for child care refunds or transfers. There will be no refunds or make-up classes for activities missed due to illness or vacations.

Class Cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Register online at www.seattle.gov/parks

Scholarships

Seattle Parks and Recreation wants to ensure that our activities, classes, and sports are available to everyone, regardless of their ability to pay. To apply for a scholarship, please talk to one of our Recreation Specialists.

Wait Lists

We will create wait lists for all filled classes and trips. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability. If you cannot attend a class or trip you are registered for, your spot will be given to the first person on the wait list.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap.

Accommodation for People with Disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids, or other accommodations, please call 206-684-7548 or TDD 206-233-1509. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area that is not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Specialized Programs

For information on programs for youth/adults with disabilities, please call the Specialized Programs Office at 206-684-4950, or visit the web at: <https://www.seattle.gov/parks/find/for-people-with-disabilities>.

More Information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075, or TDD/TTY 206-233-1509.

Wondering which Lifelong Recreation program is right for you? In general, Lifelong Recreation Programs are designed for (independent) people age 50 and better, but we also offer specifically designed programs for those living with dementia or chronic pain. If there is an accommodation that you need to better access one of our programs, please contact the recreation specialist in your area.

DISCLAIMER NOTE

Although we strive to be accurate, this brochure is published for information purposes only. Changes may be necessary to the content depending on levels of participation or other factors, and fees may change after City Council action on the City budget each year. Please visit www.seattle.gov/parks for updated information.

As of July 6, 2015, all of Seattle's public parks are smoke-free! Smoke-free parks help reduce litter, promote healthy lifestyles for youth, and create a welcoming environment for all park users. Smoking is allowed in public rights-of-way including sidewalks. For more information visit seattle.gov/parks/smokingban/.



Seattle Parks & Recreation

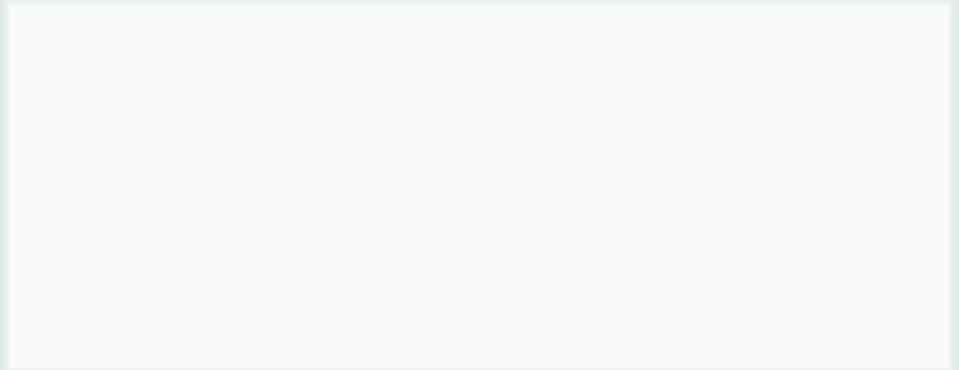
healthy people healthy environment strong communities

Lifelong Recreation

4554 NE 41st Street
Seattle, WA 98105

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PERMIT 152



We are back for FUN with your HEALTH and SAFETY in mind!

We have many exciting classes on offer this spring,
and we are following all the current Covid protocols for your safety!

